

# Family Caregiver Retreat



Caring for your loved one at home can be tiring. Join us for a day to connect, learn and rest.

- **GETTING OUT THE DOOR:  
IMPROVING DEMENTIA CARE ROUTINES**
  - Communication Tips: Mara Whitten, Program Manager, Adult Day Center
  - How Best to Move, Lift & Support: Dr. Eric G. Balash PT, DPT, OCS
- **PORTABLE ACTIVITIES ON THE GO!**
  - **Learn ideas from those who do it daily:**
    - Julie Freygang, Site Supervisor, CAPSLO Adult Day Center
    - Aymna Weeks, Program Aide, CAPSLO Adult Day Center
- **RESTORATIVE YOGA:**
  - Doris Lance, Cuesta College Emeritus
- **CHAIR MESSAGES:**
  - Mary Uebersax, LMT
  - Clare Cranford, LMT
- **LUNCH & DESSERT PROVIDED**
- **LIMITED RESPITE CARE:**
  - CAPSLO Adult Day Center right next door
  - **MUST RSVP!!!!**
  - Call: 805-239-5679
- \*Due to sensitivities, animals are not able to be accommodated\*
- **TOURS OF ADULT DAY CENTER AVAILABLE**

**SATURDAY,  
FEBRUARY 21, 2026**

**10AM-2PM**

**ST. JAMES EPISCOPAL CHURCH  
COMMUNITY ROOM**

**1335 OAK ST., PASO ROBLES**

**NO COST / DONATIONS ACCEPTED**

**RSVP by Feb. 17 at [bit.ly/slo\\_retreat](https://bit.ly/slo_retreat)**

**OR call [805.239.5679](tel:805.239.5679)**

**QUESTIONS? Contact Mara Whitten at  
[mwhitten@capslo.org](mailto:mwhitten@capslo.org)**



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